



A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY
FOR WOMEN IN GOVERNMENT

SPACE COAST CHAPTER, KENNEDY SPACE CENTER, FL
<http://www.ksc.nasa.gov/groups/few/>

JUNE 2006

SPACE COAST CHAPTER, FEW 2005 - 2006 Officers and Committees

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NTP/RTP Planners

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PRESIDENT'S MESSAGE

Sandy Eliason

It's summer! And a busy one at that! If you are like me we have so much going on. Please don't forget our Annual Awards and Installation Ceremony, being held this year at the Ron Jon's Surf Grill at Ron Jon's Cape Caribe Resort, in Cape Canaveral, on Tuesday, June 20th, at 6:00 pm. I'm looking forward to us all being together. Right after our Awards and Installation our synergy will be tested with our 2nd Annual FEW retreat to be held this year in the town of Celebration, June 22nd through June 25th. If that isn't exciting enough the 2006 NTP begins July 17th. I'm really looking forward to hearing the distinguished key note speaker Bernice King. (The daughter of the late Martin Luther King) This is a once in a lifetime event. If you haven't signed up to attend please do so now!

If all these events aren't enough to keep you busy this summer, the launch of STS-121 is scheduled for July 1st. Countdown planning is going smoothly with the FRR scheduled for next week. I know with launch, many of you have extra duties. Take your knowledge and dedication and go the extra mile, "even including your boss," who might be a little impatient with all his extra meetings. Inspire them to be more like you! After all, "FEW" is concerned with the quality of life in and out of federal service. By showing them what each of us is really made out of, we are providing them insight into our full potential ...

Have a great summer!
Sandy



SUNSHINE
Eva Coffman

Celebrating birthdays in June:

Mavis Timmons June 1
Cassandra Getter June 7

Happy Birthday!

If you notice anyone missing please email Muzette Fiander at Muzette.B.Fiander@nasa.gov

Space Coast Chapter thoughts and sympathy have been extended to the following members:

Marion Stevens, member of FEW and the Membership Coordinator, on the loss of her son.

Please notify me (639-4881) or Becky Fasulo (867-4436 or Rebecca.J.Fasulo@nasa.gov) of any members that have extended illnesses, hospital stays, or news that deserve congratulations.

Space Coast Annual Awards and Installation Dinner

Karin Biega, Chapter Programs Chair

The installation of the recently elected chapter officers will be held Tuesday, June 20, 2006, at the Cape Caribe Restaurant inside Ron Jon's Resort at Port Canaveral. Networking will begin at 6:00 PM, with a plated dinner served at 6:30 PM; the program will begin immediately following. Cost is complimentary for Chapter members and \$20 for each guest.

Awards scheduled to be presented are: Member of the Year, Distinguished Service and the President's Award.

Additional information will be sent soon via a program flyer. RSVPs (yes or no) should be sent either to me at 784-2890/ kbiega@bellsouth.net or to Marlene Satterthwaite, 867-4105/marlene.e.satterthwaite@nasa.gov, no later than COB, Thursday June 15.

2006 National Training Program Scholarship Recipients

NTP Scholarship Recipients:

Donna Knight	Maryland-Tri County	Mid-Atlantic
Peggy Andreasen	Wasatch Chapter	Rocky Mountain
Jeanne Stewart	Garden City	Southeast
Rita Jumper	Seas & Skies	DC Metro
Daisy Morales	Space Coast	Southeast
Alfreda Alexander	Seas & Skies	DC Metro
Julie Waters	Wasatch Chapter	Rocky Mountain

Retiree Scholarship Recipient:

Mary Lou Andres	Derby City	Southeast
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Following is text of the April 2006 FEW Press Release regarding the FEW's 37th Annual Training Program.

(Washington, D.C.) – Federally Employed Women (FEW) proudly announces that its 37th National Training Program (NTP), "New Connections – New Directions" will be held in Atlanta, Georgia, July 17 – 21, 2006 at the Atlanta Marriott Marquis Hotel. On-line registration is now available at www.fewntp.org.

Dr. Bernice King, daughter of the late Dr. Martin Luther King, Jr. and the late Coretta Scott King, will headline FEW's 37th National Training Program with a keynote address on Tuesday, July 18th. FEW President Patricia Wolfe said, "FEW is particularly honored to have Dr. King deliver her powerful and inspirational message to its attendees in a city known for civil rights. This will be a special moment for everyone in the audience."

Ric Giardina, President of The Spirit Employed Company, will "book-end" this year's program with techniques for developing a personal style of gentle self-discipline that will increase productivity and sense of fulfillment – with the goal of sending 2,000+ attendees home with "New Connections & New Directions." NTP Co-Chair, Billie Jo Benjamin said, "Ric always lifts up his audience and leaves them wanting more."

If this is not enough, FEW will host its first-ever Education/Career Fair in partnership with the Georgia Alliance for Higher Education on Monday, July 17th. FEW is committed to improving opportunities for women employed in the Federal government, and this event will feature colleges, agencies with recruiting information, and other vendors who offer support to the advancement of women in government.

FEW will co-host its third annual Military Awards Ceremony and Banquet with the Department of Defense honoring its sisters in uniform who are serving our nation at this time of war and sacrifice.

Saving the best for last, FEW will again offer more than 150 workshops that have been closely aligned with the leadership competencies identified by the Office of Personnel Management. The training offered is targeted to provide all public, private, and Federal employees, including military personnel, with the tools required to establish and build a successful career and to deliver quality public service. Participants have a unique opportunity to share ideas and network in a professional environment with thousands of women and men from government, industry, and academia.

NTP 2006

FEW is a private, not-for-profit organization founded in 1968 after Executive Order 11375 was issued that added sex to the forms of prohibited discrimination in the federal government. FEW has grown into an international organization serving over one million federally employed women - both in the military and civilian workforce. FEW's many accomplishments and activities have impacted the Federal workplace and contributed to the improved working conditions for all. For more information of FEW and the NTP, visit the website at www.fewntp.org or telephone 202-898-0994



GOVERNMENT NEWS & LEGISLATION

Charlotte Becker

OPM floats proposal for high-deductible health plan

By Karen Rutzick krutzick@govexec.com

The Office of Personnel Management has sent a formal legislative proposal to Congress seeking to increase the number of high-deductible, consumer-directed options in the Federal Employees Health Benefits Program.

If passed into law, [the proposed bill](#) would lift the cap on the number of options insurance providers can offer federal employees, which is now set at two. That would allow Blue Cross Blue Shield of America's Federal Employee Program, the largest provider, to offer the high-deductible plan.

These kinds of plans, which already are offered to federal employees by a number of other smaller providers because of a 2004 change in the law allowing them to exceed the cap, include health savings accounts that participants can use to cover medical costs, or spend on personal needs if there are leftover funds. High deductibles further encourage conservative health care spending, and the plans feature lower annual premiums.

But the National Active and Retired Federal Employees Association came out harshly against wide-scale introduction of these plans, which OPM said will save the government \$3.4 billion over 10 years.

NARFE president Charles Fallis said last week that consumer-directed plans are "a bad deal for federal employees and retirees of any age who have moderate to high health care costs, or who are living from paycheck to paycheck."

The association and some federal employee unions are concerned that these plans will draw out younger,

healthier federal employees from traditional insurance plans, which will raise prices for everyone else.

May 5, 2006

OPM awards contract for dental and vision insurance

By Karen Rutzick krutzick@govexec.com

The Office of Personnel Management announced Friday that it has awarded contracts to 10 companies to provide dental and vision insurance to federal employees for the first time.

OPM, which oversees benefits for federal employees and retirees, selected MetLife, GEHA, United Concordia, Aetna, GHI, CompBenefits, and Triple-S for dental coverage and Vision Services Plan, BCBS Vision, and Spectera for vision.

The supplemental insurance, which is voluntary and does not include any subsidy from the government, will be available starting Nov. 13, when the annual open season for federal health insurance begins.

"This new dental and vision program provides new health care choices for the federal family," said Linda Springer, director of OPM. "Those covered will be able to enroll for comprehensive dental benefits, comprehensive vision benefits, or both, and employees will be able to use pretax payroll deductions to acquire their additional dental and vision benefits."

OPM said the size of the federal workforce will be leveraged in negotiations with the contractors, but a spokesman said the agency has not yet negotiated benefits, rates and contract terms. That information, he said, will be made available prior to the Nov. 13 offering.

In its solicitation of contracts, OPM said all dental insurance plans should provide preventative care such as oral evaluations, topical fluoride treatment and sealants, for a small co-pay; more extensive services such as extraction and root canal surgery should be covered at 70 percent after a deductible; and major dental work such as permanent crowns, bridges and dentures should be covered at 40 percent after a deductible. Deductibles are not to exceed \$100. OPM also said it expects contractors to provide orthodontia coverage of at least 30 percent.

For vision coverage, OPM wants providers to offer full coverage for annual eye examinations, including comprehensive exams for vision problems such as glaucoma, diabetes and ocular hypertension. Companies may contract to provide eyewear, such as contact lenses and eyeglasses, as well.

The dental providers chosen include both national and regional carriers, but the vision providers are only national.

The government must provide dental and vision coverage to federal employees by December 2006 under the 2004 Federal Employee Dental and Vision Benefits Enhancement Act. The coverage will be available to employees, retirees and their dependents.

OPM awarded another key benefits contract this week when it gave Hewitt Associates of Lincolnshire, Ill., a 10-year, \$290 million deal to carry out its Retirement Systems Modernization project.

The contract works toward a goal of authorizing requests for new retirement benefits within five days and achieving at least 95 percent accuracy in payments. Many federal retirees find it takes months until they receive accurate annuity payments.

Central to the contract will be the creation of an entirely electronic personnel records system, where employees can access their records of insurance and employment history and salary. The technology also will allow employees to project salary increases, Social Security and Thrift Savings Plan benefits to actively manage finances for retirement planning.

FOR YOUR HEALTH

Submitted by Muzette Fiander



Heart Healthy Recipe from the American Heart Association

Salmon with Cilantro Pesto

Vegetable oil spray (optional)

Cilantro Pesto –

½ cup loosely packed fresh cilantro
3 tablespoons fat-free, low-sodium chicken broth
2 tablespoons sliced almonds
2 tablespoons shredded or grated Parmesan cheese
1 teaspoon salt-free garlic-herb seasoning blend

4 salmon fillets (about 4 ounces each)

¼ cup sliced almonds

Preheat oven to 400°F. Line a baking sheet with aluminum foil or lightly spray with vegetable oil spray. In a food processor or blender, process the pesto ingredients for 15 to 20 seconds or until slightly chunky. Place the fillets about 2 inches apart on the baking sheet. Spread the pesto evenly over the top

of the fillets. Sprinkle with ¼ cup almonds. Bake for 10 to 12 minutes or until the fish flakes easily when tested with a fork.

Mobile Phone Security

Submitted by Marlene Satterthwaite

Here is something worth knowing if you have a mobile phone....

Have you ever wondered why phone companies don't seem interested in trying to prevent the theft of mobile phones? If you have ever lost, or had one stolen, and if you are on a plan, you still have to pay the plan approximately up to 24 months, and you have to buy another handset and enter into another contract. This is more revenue for the phone company.

There is a simple way of making lost or stolen mobiles useless to thieves and the phone companies know about it, but keep it quiet.

To check your mobile phone's serial number, key in the following on your phone:

star-hash-zero-six-hash (* # 0 6 #), and a fifteen digit code will appear on the screen. This is unique to your handset. Write it down and keep it safe. Should your mobile phone get stolen, you can phone your service provider and give them this code. They will then be able to block your handset, so even if the thief changes the sim card, your phone will be totally useless.

You probably won't get your phone back, but at least you know that whoever stole it can't use / sell it either.

If everybody did this, there would be no point in stealing mobile phones.

Can be Verified on Snopes
<http://www.snopes.com/crime/prevent/celltheft.asp>

MY REALITY IS VIRTUAL!

Submitted by Marlene Satterthwaite

Someone once quipped, "A lot of my reality is virtual!" Whether or not you can say the same thing, I find it is true that a lot of my reality is the way I perceive it. Let me explain what I mean with a true story.

In the "Journal of the American Medical Association," Dr. Paul Ruskin demonstrated how our perception of reality (not actually what is going on, but how we perceive it) determines how we feel about it. While

teaching a class on the psychological aspects of aging, he read the following case to his students:

"The patient neither speaks nor comprehends the spoken word.

Sometimes she babbles incoherently for hours on end. She is disoriented about person, place, and time. She does, however, respond to her name. I have worked with her for the past six months, but she

still shows complete disregard for her physical appearance and makes no effort to assist her own care. She must be fed, bathed, and clothed by others. Because she has no teeth, her food must be pureed. Her shirt is usually soiled from almost incessant drooling. She does not walk. Her sleep pattern is erratic. Often she wakes in the middle of the night, and her screaming awakens others. Most of the time she is friendly and happy, but several times a day she gets quite agitated without apparent cause. Then she wails until someone comes to comfort her."

After presenting the case, Dr. Ruskin asked his students how they would like caring for this person. Most of them said they would not like it at all. He then said that he believed he would especially enjoy it and thought that they might, also. He passed a picture of the patient around for his puzzled students to see. It was his six-month-old daughter!

Most of the students had already made up their minds that they would not like caring for such a patient. But the age of the patient, rather than the actual duties, made the task seem fun and enjoyable! When they thought the task might be fun, they were positive about it, though their reaction just moments before was quite negative.

You and I have numerous tasks ahead. How will you look at them today? As pleasant or unpleasant? As chores or as fun? When you think you may actually enjoy them - you probably will!

What's up with all the Brush along the NASA Causeway?

Submitted by Johanna Velasquez

I don't know about anyone else, but I have been speculating about all the brush that has been cut down and is sitting along the side of the NASA Causeway. Today, I found the answer. In the KSC Environmental Newsletter dated 6/5/06, a reader poses this question which has been on my mind every time I drive by. Of course, I have thought up several different scenarios in my mind, however, none which I imagined were correct. The truth of the matter is that the brush piles are what remain from an EPB (Environmental Program Branch) funded project

to remove Brazilian pepper from along the Causeway. Why have these piles been sitting alongside the roadway for so long? The answer to this question is one many who work with contracts may be familiar: The original contract was to pull the pepper out, but a new contract had to be written to mulch the debris and it has taken longer to get the mulching contract than originally anticipated. The EPB promises that once the project is complete, there will be a "most spectacular view of the Center coming from the west along SR 405 in over 25 years!" Now that I know what is going on with this brush, I can now sleep at night....Or maybe I will find something else to wonder about?????

CALENDAR OF EVENTS

June

- | | |
|----|--|
| 14 | Flag Day |
| 20 | Installation and Awards Dinner, Ron Jon's Surf Grill, Port Canaveral |
| 21 | Summer Begins |

PRONUNCIATION CHALLENGES

Submitted by Clara Anderson

Do you remember the classic "I Love Lucy" episode when Ricky Ricardo reads to Lucy, and she keeps correcting his pronunciation? Every time he comes to another word with the same letter combination, he pronounces it the way Lucy told him to pronounce the previous word, and he gets it wrong every time!

Desi's trouble came with "ough"-ending words. I recently came across a paragraph that uses all nine (!) pronunciations:

"A **rough**-coated, **dough**-faced, **thoughtful** **ploughman** strode **through** the streets of **Scarborough**; after falling into a **slough**, he **coughed** and **hiccoughed**."

Somewhere out there, Desi Arnaz laughs at us!

SPACE COAST CHAPTER NEWSLETTER

Muzette Fiander

This monthly publication is a means of sharing information and ideas. Please send news articles or items of interest for this Newsletter to Muzette Fiander, TA-E1, or e-mail at Muzette.B.Fiander@nasa.gov

Please feel free to share this Newsletter with your friends. And for anyone interested, a Membership Application is attached.